

Abstract of the Disclosure

A pull exerciser includes a handle, an attachment member having a tubular portion and a loop portion, a resilient cord having an end attached to the tubular portion of the attachment member, and a belt extending through a
5 through-hole of the handle and the loop portion of the attachment member. The tubular portion of the attachment member has an engaging hole through which the end of the resilient cord extends. A stop is embedded in the end of the resilient cord and partially inserted into the engaging hole of the tubular portion of the attachment member, thereby preventing the end of the resilient cord from
10 disengaging from the tubular portion of the attachment member.